Like/Dislike

Activity Summary
This exercise is designed to test the participants' self-perceptions as they examine what they most like and most dislike about themselves. Since this directed experience is best implemented after the participants have had some opportunity to engage in feedback and disclosure, the activity is generally more effective when used during the later stage of the training program or session.

Training Application
Time Reference: Approximately 25 to 30 minutes.
Group Size: Best suited for a group of 10 to 20 participants. If the group contains more than 20 participants, subgroups should be formed.
Space Required: A room that contains adequate writing space for all of the participants. The area must be large enough to permit the unrestricted movement of the learners.
Materials Needed: For each participant, a pencil and a piece of paper.

Trainer Administration
1. The trainer begins the exercise by explaining that the participants will be examining the ways in which they perceive themselves and are, in turn, perceived by others.
2. After distributing pencils and paper to all of the group members, the trainer asks the participants to write down three characteristics, traits, talents, etc. that they like most about themselves and three characteristics, behaviors, traits, etc. that they most dislike in themselves.
3. When they have completed this task, the participants are instructed, one at a time, to read their lists to the entire group. After each participant has shared his or her list, the other group members briefly discuss their perceptions of that group member.
4. After all of the participants have shared their lists, the group leader may lead a general discussion on perceptions of self and others.

Variations
- The trainer may ask the participants to write down what they like and dislike in people in general or

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